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Notes  
taken from  
The Lectures of D Chapman  
on  
The Practice of Medicine

1816 - 1817 -

Vol 2<sup>d</sup>.

In 8. - 2 volumes. -

St John's North Wales

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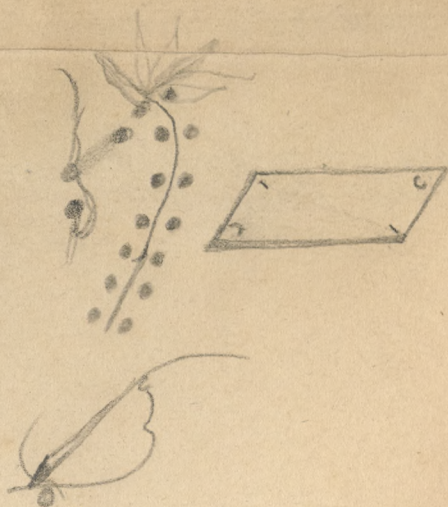
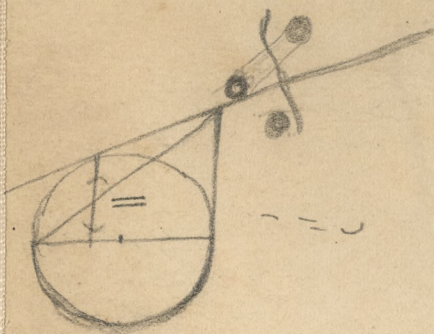
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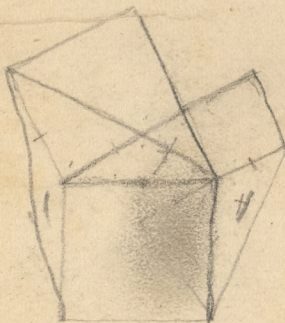
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Chapman's





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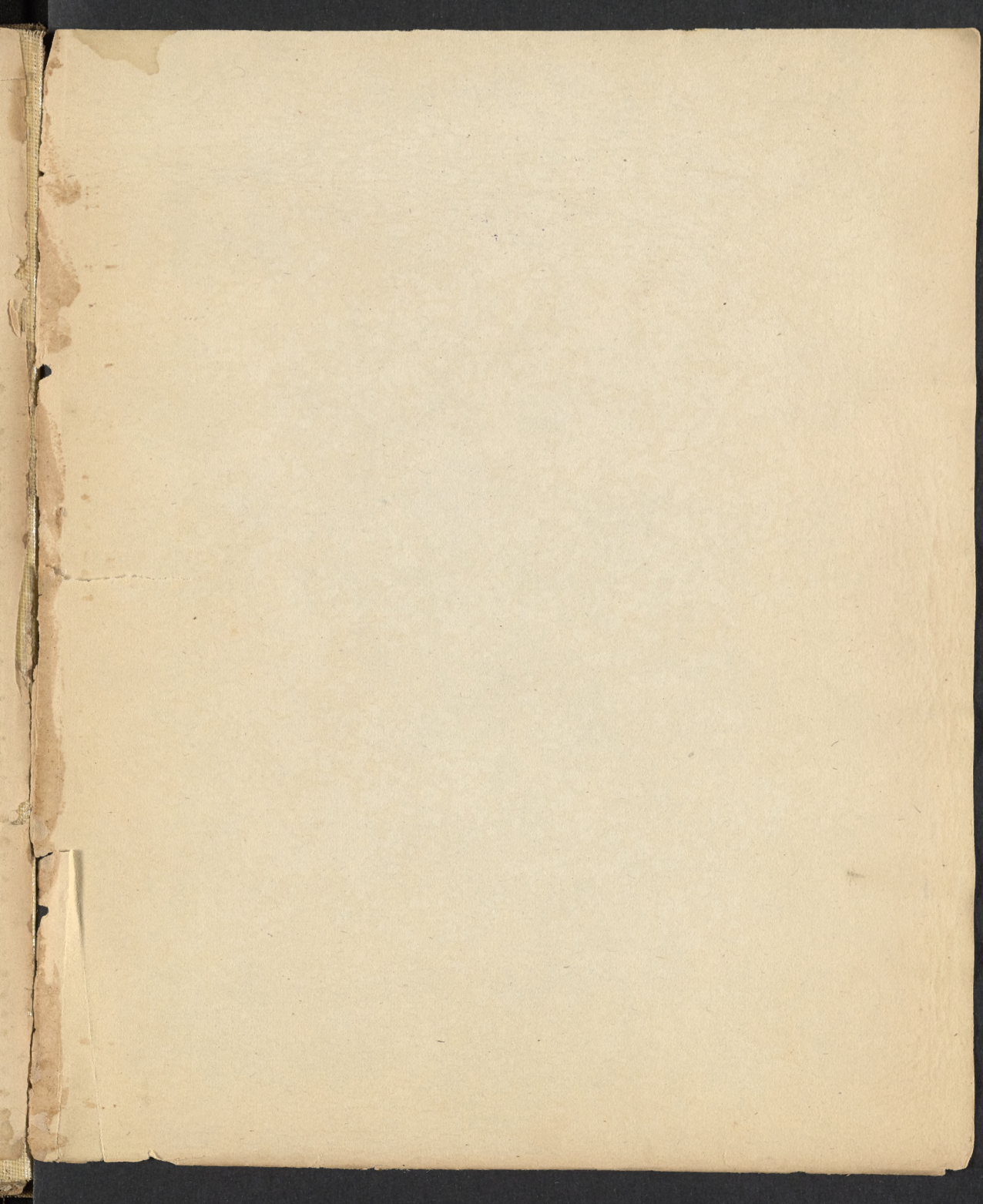
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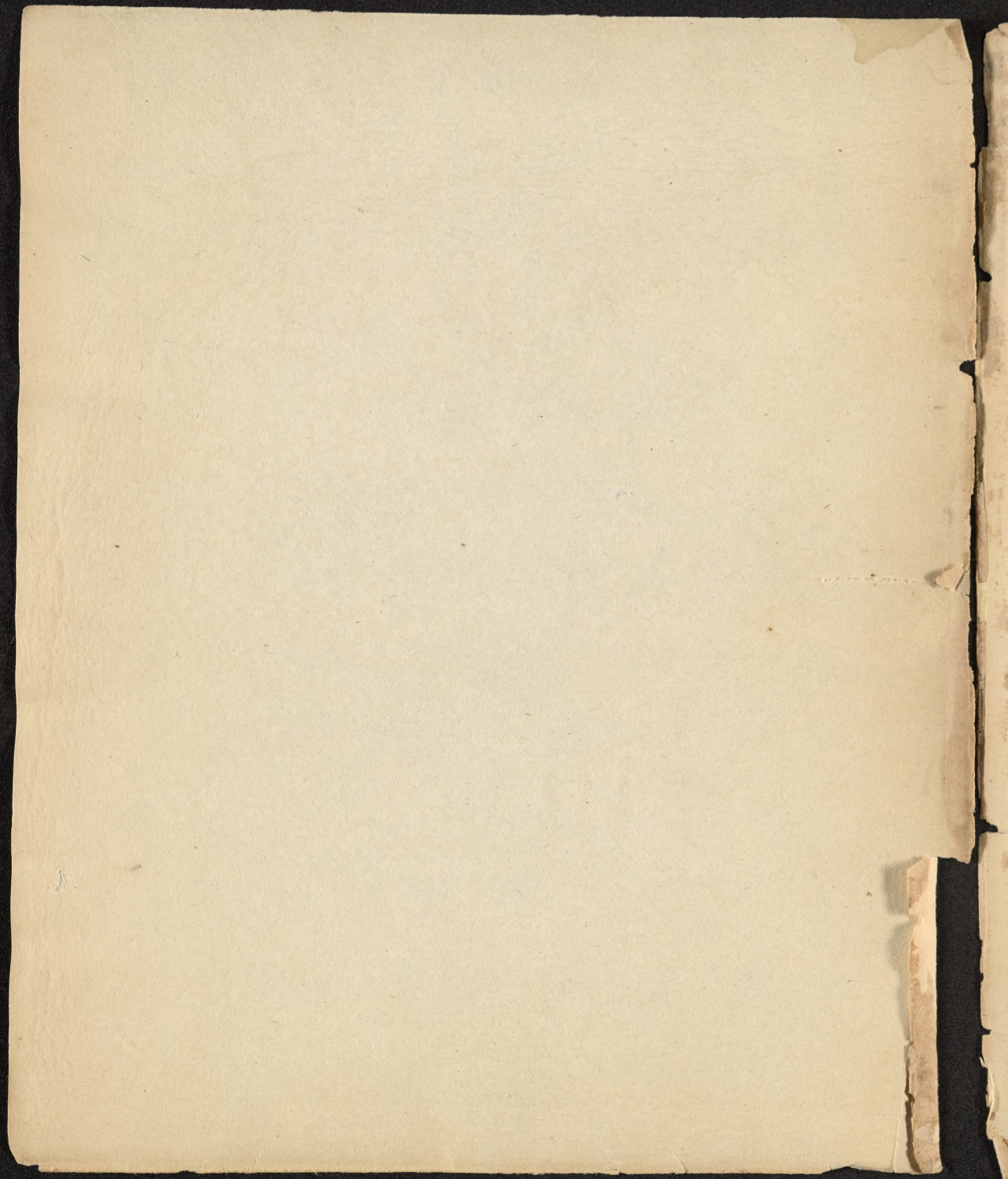


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Miller, Lealdwelle & Rush



49.

Of Yellow Fever. 22 Jan<sup>y</sup> 1817.

Continuing the history of those epidemics to which our country is liable I shall next treat of the Yellow Fever. —

It is not my intention to occupy your time with the history of this disease: because you will find it most fully laid down in the works of the late Dr Rush, and to him I refer you for details. —

As you all know this disease is endemic in all tropical countries, but especially so in the West Indies. — It has however often visited more temperate regions, and has visited the United States at various times ever since the earliest period of its history. — It was not however till the year 1793 that it occupied much of public attention, and yet there is not one point concerning the Origin, Nature and Treatment of the disease which has not been already the subject of great controversy. — These disputes I am sorry  
too



2  
to say sometimes, as to name our ~~often~~  
descended to savvity; but I do not mean  
to entertain you with personal invective  
nor is it my wish to revive disputes now  
I hope hushed forever. — It is my duty how-  
ever to give you, as far as in my power,  
every possible information on the subject  
and therefore to examine some of those points  
concerning which so much animosity was  
excited.

The dispute as to the mode of its  
introduction appears to me to have been  
merely verbal or a difference about the mean-  
ing of words. — All I believe admitted  
that it was first introduced by some  
means connected with the arrival of  
ships from a warmer climate, and in the  
<sup>authorities of</sup> 1798 it was attributed to a cargo of coffee from  
<sup>on the authority of Dr. Ross</sup> which in a state of putrefaction was  
thrown upon the <sup>arch</sup> wharf ... It is true that  
some have imputed it to local filth as  
a primary or accessory cause; but the,



or "entombed with those illustrious individuals  
who then figured on our medical theatre."

In 10 Domingo







former opinion predominated. I doubt<sup>5</sup> whether local filth under any peculiarity of circumstances could have produced this kind of disease. Were exhalations from our docks or the rubbish of the city sufficient to produce such effect we should have a visit of yellow fever every summer, for there are at all times abundant sources of exhalation. — But besides general reasoning on this subject we have strong facts to support this opinion. — Dr Rush asserts that of fifty eight scavengers who resided in Philadelphia only one was affected with yellow fever in 1798; and yet they were by occupation more exposed to the influence of exhalation than any class of people in the city. — It has been objected, that they had been so long accustomed to the effluvia that they could not be affected by them; and the objection would be unanswerable if correct



72 <sup>6</sup> in its premises; but the scavengers were not long in office, and in that year a number of new hands were employed, so that the greater part were not accustomed to the business. —

But while we so far concede the question concerning the importation of the causes of yellow fever; we wish it to be understood, that we do not admit, the importation of the disease in a palpable or ready formed shape; but only that from the effluvia arising from imported filth spring the disease, which was not the offspring of contagion. — Whether the same causes would produce this effect under all circumstances we do not pretend to determine; but think it probable that a certain condition <sup>of the atmosphere</sup> may be necessary to give them power or direction. —

Much contrariety of opinion has also been expressed concerning the con



middle of July to middle of August average  
88° of Fahrenheit's - regular - never had yellow  
fever as an epidemic otherwise. —



suppression not communicated disease  
 \* Cold increases powers of contagion.

\* <sup>the</sup> 4 cases generated in places remote  
 from sea board



178 contagiousness of yellow fever. -

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That it is not generally & uniformly so is proved by a variety of circumstances. I do not mean in this place to take up your name's precious time, with every argument on this head, but to give you a few of the strongest reasons on both sides. -

1<sup>st</sup> It is said that the disease is not contagious because it is a real epidemic, either ~~not confined to any one spot but thro' country~~ including other complaints or imposing on them its peculiar hue and tincture. - 2<sup>dly</sup>

Because it did not extend beyond our city into the neighbouring country, and where one thousand patients were confined to a single hospital, there was no instance of its being imparted. - 3<sup>dly</sup>

Because it uniformly disappeared when cold weather approached. + X

But on the other hand appear facts too striking to be overlooked. - Those who sup-  
port



10  
support the belief of a contagious apert  
1<sup>stly</sup> That the disease began at a point  
and extended around in every direction.  
that it always commenced in one ward of  
the city and gradually spread over the  
whole. - 2<sup>dy</sup> That some respectable prac-  
titioners asserted, that in several cases, the  
disease has been conveyed into the country  
by the removal of a patient. - Dr Hunter  
has also furnished me with some cases  
of this kind, where whole families were  
affected in this way. - 3<sup>dy</sup> That in some  
cases the disease had been communicated  
by the clothes of those who had died of it.  
There are one or two instances of this re-  
lated by Dr Rush and others in the re-  
ports of the College of physicians here. -  
4<sup>thly</sup> That yellow fever observes a general  
law of contagious diseases, being taken  
only once by the same person.  
This last assertion has been flatly contra-



93 arch at wharf - 98 - D<sup>r</sup> —

not epidemic - confined to cities trading  
with W India — no fever - epidemics  
city - epidemics - country. —  
Spotted fever never entered cities. —







deduced by the other party, who gave numerous  
 instances in which the disease was twice  
 taken; but Dr Griffiths who experience is  
 very ample says that he has attended  
 thousands in this complaint, not one of  
 which was a second attack. - The best  
 India writers do not appear more unanimi-  
 nous on this head, though in general  
 they incline to the first opinion <sup>that it cannot be taken twice</sup>. - The  
 Question has of late engaged much attention.  
 The British Government, in consequence  
 of the ravages made among their troops  
 on the Mediterranean station, by this  
 disease, instituted a Board of the most  
 respectable Physicians of England, to  
 give the matter a thorough examination.  
 After a very full and minute investigation  
 having heard much oral testimony & examin-  
 ed many documentary reports, the Board  
 gave the following, as their deliberate  
 opinion. - 1<sup>st</sup> That the disease is essentially



14  
7<sup>th</sup> contagious - 2<sup>dly</sup> That it cannot be taken  
more than once by the same person. - Proofs. -  
Among all the inhabitants and soldiers  
at Madras or Gibraltar not one was known  
to be twice affected. - The Physician general  
of the troops at Madras having learned in the  
West Indies that such was the case, em-  
ployed as nurses for the rest, those soldiers  
who had had the disease there, and in no  
instance was a nurse attacked. - If these  
facts be true, they go far to prove establish  
the fact proposition, for which adduced. -

From this Board we derive much di-  
rect evidence concerning the origin of  
the disease. - At Madras it was traced  
to a vessel from the West Indies. - It did  
not arise from ordinary filth, for the dirty  
parts of the city were not first affected  
nor from miasmata, for that part of  
the city bordering on a marsh and con-  
sequently very liable to ordinary miasmata



Identity of it with M. Indian fever proved by  
those who had seen both. —



The troops separated & kept so by a cordon  
never took the fence -



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~~177~~ fever, was totally exempted from the yellow fever. — But strong as these facts are in support of the point, we have yet stronger. —

The Town of Gibraltar is situated on a very high rock, far beyond the reach of marshy exhalations; the streets are kept peculiarly clean by the strictness and rigidity of a military police, and there is no accumulation of filth to account for this disease, and yet here it raged with enormous fury. Upon investigating its cause, it also could be traced to a vessel, from whence the pestilence then prevailed. &

We have now stated enough to show the mass of contradictory opinion and evidence; nor do we find it very easy, amidst so much contrariety of sentiment and fact to come to a satisfactory conclusion. — But the whole well convinces how unsafe it is in medical science to trust to a priori reasonings, for these would



<sup>18</sup>  
would have led to somewhat a different conclusion as to the nature of this complaint, and might have prevented salutary precautions. — But if we do trust to them in this case it might yet be admitted that yellow fever may be sometimes contagious. Of this Typhus fever affords a good illustration. — Although this has been said to possess no direct contagious influence, producing itself only by putrid accumulations around the patient, I for one believe it to be directly contagious, for I saw it exert this influence in the great hospitals of Europe where the greatest pains were taken to remove all offensive matter and to preserve perfect cleanliness. — Besides were Typhus fever communicated in this way we should have many varieties of the complaint as the source from which it came; the urine, the feces, the perspiratory matter, would each when











putrescent produce a different complaint.<sup>21</sup>  
But we always find the Typhus fever of an  
hospital as uniform as possible, only af-  
fected by idiosyncrasy or differing in  
violence. - Added to this Dr Gregory & Hagarth  
have discovered the range of Typhoid con-  
tagion, within which the person exposed  
certainly took the disease. - Does not this  
show that Typhus fever is directly con-  
tagious, and does not affect by intercommu-  
nication.

Yet we know that in well ventilated  
apartments or in warm climates, where  
a free circulation is always promoted  
Typhus fever exerts little or no contagious  
power; and so it perhaps may be with  
Yellow fever, which may be contagious  
under some circumstances & not so under  
others. - Contagion, as I formerly told you,  
is the result of a secretory action, modified  
by stimuli, and varying in its nature  
according to the difference of the modifying  
circumstances. - Hence Typhus & small



small pox, unlike as they are, result from the same action differently modified; Typhus fever results from the same cause and Yellow fever is as like Typhus fever as small pox is to Syphilis. — But although

I acknowledge its contagiousness I am inclined to think it only possesses that quality when protracted, <sup>or when it takes</sup> taking on a typhoid action.

<sup>analogous</sup> Dysentery & some other diseases exemplify this, not being contagious till by protraction <sup>or other causes</sup> they assume a typhoid form.

I don't see much force in the objection, that Yellow fever is not contagious because it did not prove so in the hospital, and because there is no instance of its having been imparted by dissection. Many fevers confessedly contagious are deprived of this power at times. — As I observed before Typhus is rarely contagious in ventilated apartments or in the West Indies. — Even the Plague



& because not taken heed - for contagious  
diseases are some of them taken heed







784. - Plague, which I believe to be eminently <sup>25</sup>  
contagious, is not propagated by dissection.  
The patient while alive fully imparts the  
disease, but death divests him of the power.  
This was the unanimous opinion of the  
medical men in the French & English ar-  
mies which contended in Egypt. -

I have thus laid before you the prin-  
cipal facts & reasonings arrayed by each  
party against the other, and leaving no  
doubt upon you leave you to judge for  
yourselves. -

I however must say we have  
too readily abandoned the opinion of the  
contagious power not only of yellow fever  
but of many other diseases. - I believe  
almost all fevers possess this power in  
some stage or under some circumstances  
but especially when intermingled with  
typhoid symptoms. -

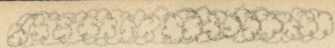


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— 23 Jan'y 1817. } \*

Enough escaped me yesterday to show that almost every point connected with Yellow fever, is yet the subject of much diversity of opinion. — It is my deliberate conviction that although ~~it~~ not imported in a ready formed state, the Epidemic was derived from exhalations, from vessels of a tropical country. I have been led to this conclusion by the facts, which are almost incontestable. — In 1793, the first year of its occurrence, it could be traced to a cargo of coffee thrown upon the wharf. — No dispute arose on this head in 1798 except as to the question which of two vessels, one from France, the other from a tropical climate, had produced the complaint. — I do not pretend to say that under all circumstances such would have been the result, or whether a peculiar state of the atmosphere, or the concurrence of many other causes may not be necessary to its production. —











As to the question of contagion I am equally satisfied; but I do not mean to assert this to be the uniform character of the disease; but so far from it, I think it never assumes such power like it has been long protracted and has become typhoid. It is I think a general law of diseases, that whatever may have been their primordial nature, they acquire a contagious character as they degenerate into a typhoid state. I am as fully satisfied of this as of any truth in medical science.

As relates to the nature and treatment of this complaint there exists scarcely less diversity of opinion. — One party maintaining that it is a fever of a low type and weak action gave to it the name of Typhus Ictericus, whilst their opponents looked on it as a disease of a highly inflammatory nature. —



184.<sup>30</sup> What is the sentiment in the Recent Indices  
on this point I know not, but it is in this  
city and indeed throughout the United States  
a complaint <sup>more or less of an</sup> of a steady inflammatory com-  
plexion. — This too was variously  
modified by circumstances and assumed  
every variety of appearance, but still  
they were modifications of inflammatory  
action and required depletion in some form  
or other to reduce them. — The opinion  
of yellow fever being a Typhus disease,  
originating in the Recent Indices, prevailed  
here for a time, but was soon refuted.  
To Dr Rush is due the credit of having  
dissipated this error; but yet Leonese  
his first theory was hardly less erroneous.  
During his life he insisted that yellow  
fever was nothing but an aggravated  
shape of our common bilious inflammato-  
ry fever. — That this opinion of Dr Rush  
is erroneous was proved by the earliest











185 - earliest symptoms of the Epidemic. - The<sup>B3</sup>  
Hepatic functions are; to borrow the Brown  
words, the seat and throne of a well tutored  
fever, which is a fact so generally admitted,  
that it would be a loss of time to prove it. -  
But the Epidemic on the other hand ex-  
hibited not one single symptom of bilious  
accumulation or hepatic disorder incident  
to the former, while every indication pointed  
to the Stomach as the primary & chief seat  
of the yellow fever. - This which at first  
was only conjecture, was soon most fully  
demonstrated. - Dissections were frequent-  
ly made by Dr. Physics; who during its  
prevalence had ample opportunity, being  
then physician to the city hospital, of ex-  
amining the bodies of the dead. He reports  
that the morbid symptoms were confined  
to the stomach, that he could trace inflam-  
mation there, from a light suffusion or blush  
to sphacelation; being extensive in some

Cases



186. 34 cases, and in others producing only a few streaks near the pylorus. — What was called Black vomit was shown to be an altered secretion of the stomach, and not as was supposed, a vitiated secretion of bile. — This might have been known however without inspection, being an accompaniment of all gastric inflammations. — I have often seen it in cases of Puerperal fever, (which is ~~always~~ attended with this inflammation) also in Hydrophobia a disease affecting that organ chiefly and in Repelled gout and inflammations in the stomach from virulent poisons. — In the Liver or its appendages on the other hand, everything appeared natural and without disease; and except in a few cases apparently accidental no vestige of disorder was discoverable in any of the great caecities. — The Brain was



x when the stomach becomes involved.  
retrocedent gout fixing on the stomach



nee neere



187 was sound, exhibiting no trace of disease.<sup>37</sup>  
Admitting the accuracy of these accounts,  
and we have no cause to doubt, for they  
were never contradicted and were strongly  
corroborated, we must conclude that the  
common bilious and epidemic fevers are  
totally and essentially different diseases.  
But acting on an opinion of their identity,  
led to a practice, by no means improper  
although that opinion was entirely hypo-  
thetical and erroneous. — Those who thought  
in this way, resorted to depleting remedies,  
applying the lancet to weaken arterial  
action and following up the system by evac-  
uating the alimentary canal. For some time  
the latter indication was fulfilled by emetics  
but in time Mercurial purgatives were  
preferred. Calomel with its drastic  
adjuncts <sup>Rhubarb</sup> colocynth, Jalap & gamboge, was  
usually employed. — To these primary



primary object were added remedies suited to the superior or secondary symptoms which always attended the complaint. — Whilst this practice was pursued by the majority of the most respectable Physicians of the city, the French practitioners among us pursued a very different plan of treatment. — Disclaiming the utility of all active evacuations they contented themselves with addressing to the Stomach soothing remedies, deeming that organ the seat of the disease. — Their first object always was to check the vomiting and next to wash out the offensive matter supposed to be there; which they attempted by the copious use of mild diluent remedies and the ordinary means being fomentations to the pit of the stomach, and the warm bath.

What was the comparative merit of these two modes of practice? If we are to decide by their success, we shall find some difficulty in determining, for the mortality was



after which - delicate







189. - was very great under both systems of <sup>41</sup>  
treatment. The French physicians however  
acquired much popularity in consequence of  
the agreeableness and simplicity of their prac-  
tice, which some of them still retain.

Encouraged by the successful use of mer-  
cury in the yellow fever of the West Indies,  
our physicians tried its efficacy in ours.  
The fever of tropical climates seem to yield  
to Mercury more readily than to any other  
remedy, for which we have the concurrent  
testimony of all their writers. - Many con-  
fide in it altogether. Dr Whistler exhibited  
it in very large doses, and the amount  
sometimes given almost exceeds belief. The  
intention was to produce salivation as promptly  
as possible, for which purpose, mercury was  
poured into the system through every avenue.  
This is certainly the most approved practice  
in the West India yellow fever, and as it is  
a bilious fever and connected with an af-



42  
affection of the liver, the treatment is cer-  
tainly judicious. + When this mode of treat-  
ment was first adopted, it was deemed so in-  
gularly efficacious as to exclude all other  
remedies. It was triumphantly asserted that  
when salivation commenced the disease was  
conquered. But in spite of all this we are  
compelled to doubt the propriety of the prac-  
tice when applied to our epidemic. - It is in-  
deed true that a cure always succeeded  
a salivation, and we admit that two such  
diseases as the Epidemic and Mercurial  
fever cannot co-exist in the system, that  
where the latter is produced the former  
must depart. But the difficulty is, to pro-  
duce this mercurial fever or to get the  
mercury to operate with sufficient prompt-  
ness. - The Course of the Yellow fever here  
was so rapid and violent, that in most cases











45  
it was impossible to produce any beneficial  
effect from mercury. - Long before salivation  
could be hoped for, the disease had arrived  
at its natural termination. The patient  
perished! True in some cases salivation  
did appear and the disease departed, but  
these were milder cases, and perhaps  
would have done well without such as-  
sistance. -

I formerly mentioned that dissection  
had shown the seat of the disease to be in the stom-  
ach, The symptoms exhibited by the patient  
labouring under Yellow fever, also lead to the  
same conclusion, for it is always accompanied  
by great & continued gastric distress. - The ordi-  
nary appearance of this disease is in this re-  
spect so very like that resulting from virulent  
poisons, that they have often been compared &  
we well know, that gastric inflammation is  
the chief effect of such poisons. - As soon  
as



— as the pathology of the disease was fully understood, a much more certain and efficacious treatment was deduced from that knowledge. — The Practitioner called in the primordial state of the fever endeavoured in the first place to subdue the inflammatory state of the system and so to arrest its effects on the stomach. — The Lancet is sufficient to meet this indication. Twenty or thirty ounces of blood should be quickly drawn from the patient, and, as much more as soon as possible, "so onward." — Dr Jackson of whom I have frequently spoken to you, informed me, that he has often taken sixty or an hundred ounces from a patient at one single bleeding. This may appear incredible, but he asserted it before many of our faculty here, and I must say that his character demands our belief if not our imitation. — He did not regard syncope at











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~~79~~ at all, but raising his patient, permitted  
the blood to stream afresh and he says he  
had, after this, seldom any disease to contend  
with, ~~but~~ <sup>and</sup> that except debility, the patient  
was without complaint. — Although I be-  
lieve there is no remedy equal to the lancet  
freely used, I do not pretend to advise you  
to follow his example, for of such prodigious  
resection I have no experience. — It is not  
proper in this complaint to trust to the pulse  
as a guide to depletion, for it is often obstructed  
or locked up by the very violence of the action  
itself, and in such cases the pulse will often  
contraindicate bleeding, altho' more than  
usually necessary. —

As auxiliary to the lancet, evac-  
uations of the alimentary canal are necessary.  
This was at first performed by emetics but  
after the true nature of the disease was  
understood, they were laid aside and Mercur-  
Grial



194. 50

mercurial purges substituted in their place Calomel with its drastic accompaniments have been used; but I like not the adjuncts, preferring Calomel alone. - This medicine may be given in the mildest inflammatory action with as much safety as the gentlest laxative; - But when the action is high the dose must be comparatively large, for at any rate in Yellow fever there is always a deficiency of susceptibility to purgative influence, and I have in such cases, seen  $\frac{31}{2}$  of Calomel administered without producing more than a common evacuation. - I have generally contented myself with ten or fifteen <sup>to 20</sup> grains repeated frequently until operation after which continuing the discharge by milder laxatives as the soluble Tartar. or Epsom salts. Cast oil. -

Much benefit is derived from Diaphoretic applications - so much so as to induce some practitioners to trust to them entirely, to the exclusion of all others -



or better laxative injections

expect in city.







1795 - But it is very imprudent to permit such treatment to anticipate the more directly depleting measures; although when succeeding to them they prove very serviceable. The Diaphoretics in such cases should be of an active kind, and of these the external means as the tepid Bath &c are to be preferred. The stomach is in general too irritable to bear most of our diaphoretic medicines, and therefore Nitre Antimony &c always produce vomiting. - Dover's powder has been recommended, but I believe Eupatorium, Spiritus ellinderici and the saline mixture are most generally approved. -

To allay the uncomfortable heat of the skin attending many cases of Yellow fever affusion or sprinkling as formerly mentioned will answer, and in the West Indies is much used.

Amongst this diversity of general remedies



54  
remedies, let us not forget that the primary seat of the disease is local and that local applications are consequently indicated. Indeed we have been prescribing for sympathetic affections alone, and must now attend to the primary disease. For this purpose let large blisters be applied to the region of the stomach and again and again repeated. As the disease advances blisters should be applied also in other places especially to the extremities. These often <sup>raise &</sup> equalize the motions of the pulse, compose the patient to sleep, & sometimes by <sup>morbid</sup> abstracting susceptibility from the injured parts restore to them the regular action of health.

Among the local affections the most afflicting is the incessant nausea and vomiting uniformly accompanying the disease, to relieve which I know no better remedies than those formerly mentioned for this purpose.



large enough to cover the epigastrium.







197. Little of them have in turn been tried. If in the early stage of the complaint, effervescent Draught, lime water and milk, mint tea, and infusions of Serpentaria are best, but when further advanced, 10 or 15 drops of *Chium Terebinthinum* or some Tincture of *Sedoes*. — These however I repeat are too stimulating to be admissible till the disease is far advanced. — After all, as these symptoms indicate an inflamed condition of the stomach, the above are only palliatives, and the disease that alleviated, cannot be removed by them. —

Another local affection in many cases is Delirium for which we use topical applications, leeches, cups, incision of temporal artery, cold, and Blisters. —

As Yellow fever has sometimes exhibited a tendency to remit or intermit, at particular times, Bark has been thought to be indicated. But in consequence of the



great irritability of the Stomach it was after trial abandoned, and Quapia, a much less irritating and more agreeable tonic substituted. — No great advantage however has been derived from either. —

Opium also was once used in this complaint, to allay irritation & procure rest, but time has not sanctioned its utility, & it is now admitted to be of little advantage, increasing the fever <sup>aggravating</sup> & all the symptoms of inflammation. — It has however proved useful when thrown into the rectum in doses of ℥i or ℥ij when

You have thus gentlemen before you an outline of the practice most generally approved and for adopted; after however much wrangling and disputatious contention. — If you are called early to pursue this system of treatment steadily

(Yours



but alkali & apt. teretibus freely used  
& most approved.







61  
will be as successful as a man accustomed  
to disease, can reasonably hope to be, by  
any practice in so violent a distemper.—  
But he who asserts, as some have done,  
that the yellow fever is a manageable  
complaint and easy of cure, may, in the  
language of the good Book, have it said  
of him, that he is without faith and the  
truth is not in him. —



## Pestis or Plague. —

To conclude the history of the order fevers, it only remains for me to treat of Pestis or Plague. As I have had no opportunity of seeing this disease, all I can do is to collect from the writings of others all that is of most importance concerning it. —

Cullen has placed this disease among the exanthemata, and has defined it to be a Typhus fever eminently contagious and characterised by peculiar delirium. — Whatever may be the correctness of the definition, the disease is certainly not well located, for it is a febrile one and should therefore be placed in that order. —

It only a few years since we have obtained any thing like a satisfactory account of a malady <sup>so</sup> highly interesting & so long known. — Fear or acquiescence with the Plague, and a dread of its pestilential influence, always deterred the curious from











65

~~244~~ - from too close a scrutiny. - But on the  
invasion of Egypt by the arms of France, the  
medical men of both the French & English  
armies had an ample opportunity of enlarg-  
ing the knowledge and investigating the  
character of this disease. - Contrary to all  
former impressions, they showed that if the  
disease be at all contagious it is not so  
in a high degree; that casual intercourse  
or medical attendance, was not sufficient  
for infection, and that even the nurses  
did not often take the disease. - Dissections  
too, did not appear to communicate the  
disease. - Indeed from their reports it  
would seem that contagion operated only  
when the patients were crowded together  
in ill ventilated apartments: and that  
even then it did not appear to exert more  
influence than are common autumnal  
fevers under the same circumstances. -



The only time at which the plague naturally supposed such paucers, was when the fever was at its height, and a free perspiration on the body, when a near approach was dangerous. Disclaiming therefore contagion as the cause of Plague, they referred it to the <sup>ordinary</sup> sources of pestilential fevers. — In Egypt it was attributed to the exhalations, which after the overflowing of the Nile, rose from the country it had watered. — The disease made its appearance soon after it, but departed when the fields had been thoroughly dried by the intense heat of the sun. — And besides like the other fevers from a similar cause it assumed various types admitting or intermitting, although in general it became a continued fever of either an inflammatory or typhoid nature. — These varieties seemed to depend on modifying incidents or local circumstances.







In marshes remitt or int<sup>d</sup>



stances. The English practitioners, <sup>particularly Mr. G. G. G.</sup> remarked, that the disease was diversified and further, observed, that where the men were crammed together in the close apartments of a hospital, the fever was typhoid, but among those encamped in open fields it was of a directly opposite character. — Admitting however that all this is true, it is not easy to resist the numerous assertions that at other times & in other places, it assumed a highly contagious power. Not to repeat all the accounts, many of which are obvious exaggerations, I cannot however help taking notice of facts not long gone by, and delivered as truths by men of unblemished reputation. — As to the accounts of importation into European countries by means of fornicators



204-70<sup>th</sup> and of uniformity of contagion there, exhibited by the disease I shall say nothing for they deserve no credit. But when the Plague fifty years ago raged in Rome with horrid malignity, it is said that those who confined themselves within the walls of the city Monasteries never took the complaint.

A similar impunity was obtained at Marseilles by cutting off all communication between the infected and those who were in health. — To corroborate this testimony there are not wanting similar accounts by writers who have visited Eastern lands but these assertions have been so positively contradicted, that it is probable that they are not true at all, at any rate this is certain as regards Egypt — +

Upon consulting the minute history of these two diseases, we cannot but be  
Struck



+ Time of being latent not well ascertained  
perhaps usual

Nausea large & tho gang no previous  
rigors heat, daps, frost pain of limbs  
usually coma delir - active corded  
becoming weak trend

fecor vom dark & lastly carbunc  
petech leuco - diff blood &

Sometimes rapid - others 15-20 days

Defect as in yellow fever - stom inf  
in protr'd chylol involo - Liver manifest  
much disorder her diff from Liver.



the frog rep. arrested by cold weather. -



205 - struck with the close resemblance of <sup>43</sup>  
Plague and yellow fever. 1<sup>st</sup> They arise from  
the same causes, exist at the same season,  
2<sup>d</sup> both attack strangers more readily than  
natives & destroy susceptibility to a second  
impression, & are equally contagious under  
certain circumstances & are capable of  
being imported, and both in the same way.  
The points of difference are but few, and  
such as may be accounted for, by the  
effect which customs climate, religion  
and other such circumstances have in  
modifying diseases confessedly the same.  
The Plague is in Egypt a highly malign-  
ant Typhus fever. This type of disease  
might easily be anticipated by viewing  
the miserable, dirty crowded habitation  
of an Egyptian. But among the troops of  
England whose wants were better supplied



74  
whose encampments were cleaner & more airy, it almost always assumed an inflammatory aspect. — Carbuncles, buboes &c. usually considered as pathognomonic of Plague, or as peculiarly characterizing it, are by no means confined to that disease; but are symptoms also of yellow fever, and appear as concomitants of Typhus graecior, especially in protracted cases. Determining therefore from what we have gathered at the best sources of information there is no great difference between the origin, nature, and treatment of Plague and yellow fever. — The Plague is first attacked by exuberating emetics, which were given, in consequence of an opinion that the cause of the disease resided in the Stomach, & that it might be removed by means of them. — Sometimes they were indicated by symptoms of



sent into court either by phre or infly

see 89- Innoe does not make it milder

Reppn 300 - all died. -







helical accumulations, which when the <sup>47</sup>fever seemed to remit or intermit was undoubtedly correct. — The alimentary canal having been thus relieved, the next remedy resorted to was pretty copious venesection. This practice is very ancient having been used by Aetius and accquised and expanded by Sydenham! Rufes also prescribed bleeding but he used the remedy with greater limitations, thinking it applicable only to those inflammatory cases developing local congestion. — On this head the physicians of the 18th & 19th centuries differed, some using the lancet to a great extent and others excluding it entirely. — Determining from all the arguments on both sides I feel assured that the proper application is to be found in a middle course. To produce diaphoresis and Rages



78  
~~228~~ has long been an established practice  
first perhaps taught by the copious pers-  
piration accompanying the disease. —  
This practice was at one time urged very far  
most probably from a prevailing notion  
at the time, that contagion depended on a  
matter floating in the system, requiring  
elimination and best driven out by the sur-  
face. — It has not been easy to collect from  
the modern writers any sufficient test of  
its value. They differ widely. But it would  
seem here as in all febrile affections that  
there is a point where diaphoretics are highly  
serviceable. — The milder medicines of  
this class seem preferable to those of a  
stimulating or heating nature; and perhaps  
external applications are superior to any  
internal exhibition<sup>or baths</sup>. In conformity to the  
fashion at the time the English and French  
surgeons used applications of cold to surface  
of...











209 of the body. — By some cold water <sup>81</sup>  
diced to the lowest temperature was thrown  
upon the patient, others applied it with  
a sponge, which is reported to have been  
attended with happy effects. — One or two  
writers have applied cold by rubbing  
casks of ice over the skin, which a  
Russian practitioner who witnessed the  
process declared to have a better effect  
than any other made. — Its utility has  
been further proved by the circumstance  
that soldiers who in a delirium had  
been from bed & plunged into the Nile, were  
when drawn out considerably better and  
often afterwards recovered. Bonaparte  
having once forced his troops to march  
when many of them had the plague, exposed  
them to heavy rain for some time, which  
operating like a cold bath was of obvious  
advantage to the sick. — These accounts  
are further corroborated by travellers



who have witnessed similar accidents producing like effects.

External applications have also been recommended of another kind. More than half a century ago, extraordinary accounts were given of the wonderful effects of friction with olive oil. — Mr. Baldwin the British Consul general of Egypt reported that the simply smearing the body with this oil was a complete protection to the wearer, and that even where infection had got into the system, the disease could be cured by the same means. — These accounts were in part confirmed by his successor Mr. Jackson, but after all it has been tried in vain. Mitigating some degree of irritation, the application did certainly alleviate the violence of some distressing symptoms, but had no further effect. — In the advanced stages of the



Poor people get all from Mr B for this  
purpose ostensibly







the disease Blisters were of advantage <sup>85</sup>  
especially where connected with local  
irritation, of head or stomach. At the  
same time stimulants as Col. Alkali  
Camphor & Opium <sup>86</sup> were indicated; but  
remember that when the Proumonian  
system of treatment was resorted to in  
an early stage of the complaint, it in-  
variably aggravated all the symptoms  
and hastened the fatal termination.

Mercury here also was tried. —  
So it in this case had the same objections  
as in Yellow fever; the salivation if effec-  
ted was followed by recovery, but the  
fatal cases were always too rapid &  
violent to be treated by so slow a pro-  
cess.

Did we judge candidly of all that  
has been said, it would appear, that  
notwithstanding the dreadful accounts  
of older writers, the Plague is not a  
(more



more violent or intractable distemper than our Epidemic Yellow fever. - The bills of mortality upon comparison contain about equal proportions of deaths, and the physician general of the French troops reports the death of  $\frac{1}{3}$  of those who entered the hospital, which was the case in our hospital. -

You perhaps know that Dr. Haller celebrated for his experiments on Gallicanism and Electricity, lately visited this city. He had been in Aleppo, Alexandria &c. for the very purpose of making observations on the Plague. He reported to Dr. Astruc that the result of all his experiments was that the Plague is contagious and that he who had it once rarely took it again. - That the disease can be given by rubbing the matter of its sores on the skin of any person. - That if the matter of plague & small pox be mixed together and rubbed on one who had



Desgenettes







89  
had never either of these diseases, it produced a mild case of plague and served for future protection. — The case was more severe if the person had had small pox. — If the matter was well mixed with oil & rubbed on, in this case too a safe mild disease was the result, which also protected from future infection. —

These were the result of upwards of 300 experiments, and therefore merit attention. Dr. Haller seems well entitled to credit, having distinguished himself among philosophers without having had any charge of exaggeration brought against him. He came to this country for the purpose of experimenting on yellow fever, and not finding any cases here, embarked for Savannah and there fell a victim to his enterprising experiments. —



## Convalescence — Rules —

- Leave account exactly reg'd desecation -  
 relapses worse than original disease
- Remove, new chamber or take shop away -  
 thence - change - diet to exactly -  
 begin with half a arrow large bird  
 next raw or slightly cooked ayler's egg  
 chicken - game - small quantity -
- Drink - water best - but if reg'd - porter & water  
 no agree than wine & beer
- 3) Gradually return to habits - avoid too severe  
 of mind - keep from business - convers<sup>n</sup> to extent
- 4 - Not too precip in taking exercise especy  
 out of doors - friends urge it - let liab<sup>y</sup> to cold  
 & stims excels - Even when he rides - wears  
 ride short so as not to produce least fatigue

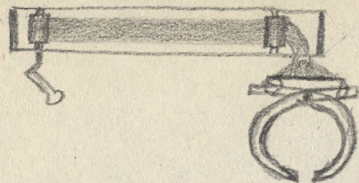


Ordinary — new & then sympt linger or arise.  
The weak no strong means except regimen  
If too long & appet lead — Tonics — Tinct bark  
alone or with S of gent<sup>n</sup> good — Others in  
succession. — Veg bitters bolus Quaf  
cham gent<sup>n</sup> — Elea tinct<sup>n</sup> especy to restore  
appetite.

Morbid Reglance — overcome by small opiate  
best black drop made by an acid ind  
of Op<sup>i</sup> — Tinct hop — Camph pulv or  
Hoffm Anod. —

Keep from emptying a little food at bed time  
Rauels — coarse geny — the diarrh<sup>a</sup> —  
1<sup>st</sup> small doses of rhub<sup>b</sup> — tonic & not purge  
copiously — Purges lead here the good  
early — exhaust & bring back fever.









## The Alimentary Canal. — —

As I mentioned yesterday I am now to enter upon the diseases of the Alimentary Canal. The intimate connection of the Natural functions with the whole system, and the variety of diseases to which they are liable, rendered this part of our enquiry exceedingly interesting. —

At the head of the organs to be considered stands the Stomach. — I have more than once intimated to you the importance of this viscus in the animal economy, perhaps it is the first in importance. — Destitute of a Stomach the vital functions cannot exist for one moment. Life may exist in an animal independently of <sup>any</sup> other organ. Numerous examples are recorded of fetuses born without brain, spinal marrow, heart, liver or uterus; The instances of fetuses born without

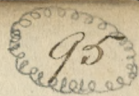


246. 94  
horn without spiral markings seem to  
contradict Le Gallois and Brodie, and are to be  
found in Haller and London Medical & Physical  
Journal by Barlow. - No instance however  
have I discovered in all my researches on the  
subject of a fetus born without a stomach.  
It is the most indispensable of our organs,  
being inseparably incident to every gradation  
and condition of animal existence. However  
superior an animal may be, it is never de-  
ficient in an alimentary apparatus.

In consequence however of this very im-  
portance, its multiplied relations and exten-  
sive influence the stomach is more liable to  
derangement than any other organ, and also  
more susceptible of remedies, regulated &  
regulating the motions of the whole system -  
and so exactly ordering all & preserving  
the equilibrium of health. Languido ven-  
triculo omnia languent is an ancient  
of the medical school founded on the



Whatever may be the decision.





96



217 the opinion of the dignity and controlling power of this organ. Seated in the center of the system, it appears to be the chief seat of the vital principle, whence it extends its influence over the whole in every direction giving support to all its respective functions. — If there be any diminution of Gastric energy the whole frame becomes enervated or enfeebled. — There is no other organ that may be injured at times with impunity, but the slightest injury done to the Stomach by a wound, a blow or even the wind of a cannon ball is generally immediately fatal. — Contemplating its vast dominion over the system an ancient philosopher emphatically called it the animal, another the conscience of the body, and by some it has been called the seat of the soul itself. It would be easy to pursue the subject a great deal farther, and to enforce the correctness of our views both by argument and



218 98<sup>th</sup> fact, but this would bring us back to Physiology or anticipate what we shall have to say when treating of the particular diseases of this organ. — Enough however has been said to shew us that in all our Pathological disquisitions we should keep this viscus steadily in view. When I am called to a patient I always make it a point to enquire what influence the Stomach may have in the case. —

### Of Gastritis. — — —

The first elementary affection of which I shall treat is Gastritic or simple inflammation of the Stomach. Most Nosologists divide inflammations of the Stomach into two kinds *Pneumonic* and *Erythematous*, according as one or other of the coats of the stomach were affected. — This is perhaps not a correct view of the matter. —

*Gastric inflammation*











101  
It arises from a peculiar action commonly attendant on malignant fevers. Having before treated this case fully I shall pass to the consideration of active inflammation of the Stomach or Gastritis.

It is commonly brought on by cold, by swallowing stimulating or acrid substances. <sup>external pressure</sup> It is marked by acute pain in the praecordia, soreness of the throat; violent condition of the Stomach; copious vomiting. As it advances, a tension in the <sup>umbilical</sup> epigastric region ~~from~~ is felt; the pulse becomes small, hard, corded, contracted and not very quick, and there is an uncommon prostration of strength. If not arrested the disease proceeds with almost unparelleled rapidity; all the symptoms especially of debility becoming more aggravated. So little strength is left that the patient faints on being raised up. - His extremities now become cold, his eyes wild



~~222~~ - mild, countenance lank, his pulse feeble  
may almost imperceptible, singultus super-  
venes and his mouth and fauces become  
incrusted with a dark offensive matter  
similar to that in yellow fever. There is now  
a great distension of the abdomen from  
wind, which is the precursor of gangrene  
or an indication of its having commenced.  
These may be called the regular symptoms  
but there are often anomalous symptoms &  
proceed from what has been termed delirium  
sympatheticum. - Sometimes the patient feels  
a pain in his toe resembling that of Gout,  
Sometimes he has an inflammation and  
pain in the grain. - Dr. Physic asserts  
this latter to have been no uncommon  
symptom in yellow fever, and that an  
inflammation & pain in the female puden-  
da sometimes took place in that disease  
which denoted great danger & generally











221. terminated fatally. - A spasmodic rigidity of the muscles of one arm sometimes attends this disease. It is also known in yellow fever and after virulent poisons have been swallowed. - Another symptom of aggravated cases of Gastritis is a horror of water and of sudden light, as in Hydrophobia. - It may be here remarked that all cases of spontaneous hydrophobia are accompanied with inflammation of the stomach. -

In this disease the indications of cure are simple and well marked. - An inflammation in so delicate and important an organ is very rapid in its progress. It is therefore necessary to act promptly and to apply the most efficient remedies at once. - At the head of these stands leeches. - Regardless of the state of pulses or prostration we must  
leech



106  
bleed freely or all is lost. — Called in the  
early stage of the complaint take 20 or 30  
ounces of blood from any ordinarily co-  
lour patient. But even this will often  
be insufficient and in a few hours you  
will find it necessary to abstract as  
much more. — I am desirous of im-  
pressing upon you the great necessity  
for copious venesection, the more so be-  
cause in most European writers you  
will find frequent partial bleedings pro-  
ferred; but nothing can be more useless  
than such a practice. — Bear in mind  
that neither the pulse nor the degree  
of febrile affection should be attended to  
in a certain case of Gastritis; for pre-  
cisely in proportion to the violence of in-  
flammation is the depression of pulse  
and prostration of the system, & that there  
(is)











is no time much febrile action. — You <sup>109</sup>  
will find on the other hand that as your  
blood the powers and actions of disease  
formerly locked up by the very violence  
of the complaint will develope them-  
selves, and exhibit more decided marks  
of inflammatory operation. — Sydenham  
appears to have been the first who took  
notice of this singular phenomenon, but  
to Dr Rush is due a higher praise for  
having fully developed its causes and  
made a highly useful practical appli-  
cation of the discovery. —

Next in importance to the lancet  
are Blisters. As the disease is located  
in the Stomach it is proper to apply  
our remedy to the epigastric region. Con-  
sidering the urgency of the case you will  
see the necessity of making your blisters  
very large. Among many ~~other~~ errors  
Cin



~~224~~ 110 errors in the applications of remedies -  
none is greater than circumscribing the  
dimension of blisters in Gastritis; for a  
large one gives no more pain than a small  
one, and produces a fourfold benefit. -  
To cooperate with them fomentations to  
the abdomen are serviceable. These may  
be made with hot water in bladders, or  
by cloths dipped into hot water or ardent  
spirits. -

The excessive irritability of the stom-  
ach almost entirely precludes the use of  
internal remedies. It is of great impor-  
tance however to open the bowels and  
as we cannot throw any thing for this  
purpose into the stomach we must have  
recourse to injections. - These should be  
made of the mildest ingredients & so  
formed as to operate also as fomentations.  
For these purposes 1 1/2 pints of tepid water  
with a little sweet oil or mola pescaes well











225. - Repeat them every three or four hours <sup>113</sup>  
as fomentations.

As soon as the Stomach has been brought to bear any thing, administer a little sweet oil or calomel as a laxative. I have in my practice always preferred calomel even to oil: for as I mentioned before, among its many good qualities it may be applied to an inflamed surface without irritating may I believe with good effect. It has too the advantage over oil of being given in pills therefore nauseating less & lying better on the stomach. Another laxative peculiarly suited to the case is Sulph. Mag. This is of all the saline cathartics the least irritating to the Stomach, and will be retained there when all others would be rejected. Indeed I have frequently administered this salt to check vomiting in Cholera Morbus of children, with the happiest effects.

To calm and soothe the irritable  
(seat



114  
Text of this disease as one of our most important indications. The means formerly mentioned for this purpose may be used, of which lime water and milk is most appropriate in the present case. —

In some cases anodyne injections will be found necessary. They soothe pain allay irritation and induce a general composure. —

It is a common practice & sanctioned by high authority too that a free use of demulcent beverages is necessary in Gastritis. I believe the practice to be pernicious. —

It offends & irritates the Stomach & helps to keep up sickness & vomiting. — It is absurd also for what possible good can be expected to result from a deluge of gum arabic mucilage or flax seed tea applied to an inflamed surface. — Let it therefore be remembered that thirst is much better allayed by a tea or table spoonfull of lipped







116



repeatedly now & then  
liquor, than by a deluge. — The proper<sup>117</sup>  
articles for this purpose are tea, Water  
or must tea.

Much has been said of the utility  
of the warm bath, which is certainly  
beneficial; but not till the violence of  
the disease has been subdued by more  
active means. Then it is eminently ser-  
viceable, exciting perspiration, restoring  
the centrifugal force of the functions &  
composing the patient and tending to  
allay vomiting &c. —

After all however not the least  
dependence can be placed on any thing  
but the lance & large blisters to the  
region of the Stomach. When early re-  
sorted to & diligently used, for an acute  
disease may we raise so bold a hand,  
they will in 999 cases of a 1000 lead you  
to victory. But partial measures are  
totally futile & will not stem the torrent  
of



228. <sup>118</sup> of disease or moment. — 27 Jan'y 1817

Of Gastritis arising from ordinary causes I have nothing more to say; but before dismissing the subject I shall briefly consider that gastritis arising from poisons.

The articles which may produce this effect are numerous and diversified. The term poison is relative, for they are to a certain degree proportioned in power to the dose and condition of the patient at the time of taking them. Nay those things which in a state of health are both nutritious and salutary are under opposite circumstances often very deleterious. It is a maxim of the Medical School that excellent medicines may in large doses be poisonous and vice versa poisons in small doses may be excellent medicines. The Materia Medica abounds with illustrations of this opinion. Poisons have been variously arranged











~~220~~ arranged, and with great minuteness, but such labor appears unnecessary. We shall divide them into two classes. Narcoleus and Leptocircus, and consider them accordingly. — Of the first class Opium is most commonly mischievous, being often taken to a dangerous extent, accidentally or to committed suicide — When called in soon after such an occurrence our first attempt should be to excite vomiting by the most prompt & active measures. The best emetics for this purpose are Tart. Ant. & Ipec combined or Sulph. Zinc. — I say Tart. Ant. & Ipec because this combination is both quick & powerful in its operation. — Sulph. Zinc has been long deemed peculiarly suited to this case acting very promptly and with great power. But as in all such cases the system is more or less torpid and not easily excited the dose must be much larger than usual. — At first you may give 6ʒ Tart. Ant. & 20 or 30 4-5 or even 10 times the ordinary dose.



1122

grs Spec combined which should be repeated if ineffectual in ten or twenty minutes. —

The dose of Sulp. Zinc is from 20grs to ʒj. —

But now and then we meet with a case so completely deicated of susceptibility that even these powerful Doses will not induce vomiting. I would then recommend to you to try the effect of distension by throwing a quart or two of tepid water into the stomach. Cataplasms of tobacco have been found to be among the most effectual applications in these obstinate cases. Tobacco leaves soaked in vinegar form the best cataplasm. And to assist the operation of any of the foregoing prescriptions a feather introduced into the fauces is useful, for the fauces retain their sensibility long after the stomach has become torpid. —

If all these means fail and they will sometimes fail, I would strongly



Prophetic objects in special cases - solution  
producing absorption - Not true - for opium  
pills have been rejected with loss of weight  
after producing full effects. -



124

Rampant pheasants - were by 31<sup>st</sup> Oct  
Tart into rectum after all fail



125  
recommend a good an Instrument first  
used by Dr Puyat in such cases. It con-  
sists simply of a flexible tube or catheter  
by the introduction of which into the stomach  
that organ and its contents may be washed  
out. — Indeed I am inclined to think it  
would be well to use this instrument at  
once if to be obtained

Notwithstanding great vomiting and  
much washing the impregnation produced by  
the Nastic milk often remain to man our  
efforts. — The first symptom of which is a  
strong propensity to sleep and stertorous  
respiration. To prevent bad effects from  
this it has been customary to keep the  
patient moving or to agitate him as  
much as possible. I do not see any ad-  
vantage in all this trouble, but think  
it much better to endeavour by sinapisms  
to the extremities  
and stimulating injections to create a  
(new)



126  
new impression. - I have seen such an impression completely overcome the paronychia and restore tone to the stomach. - The sinapiams should be applied to the extremities and the injections should be of the most stimulating kinds. -

Flagging a patient who has swallowed opium has been much recommended, and its advocates say that large doses of that drug fatal to dogs in ordinary circumstances are entirely inactive when the dog is severely flagged. -

No palliatives in such cases we have heard the vegetable acids much extolled; but have not found them at all useful. While a table spoonful of bal alk in shape of the fulep or aqua ammonia will often completely overcome the disposition to sleep. -

After all this our best efforts are



Orophelia — acids not later used in opiate  
 persons before the opium is rejected  
 because he says *Megacrya* — (Don't know)



(Laurel - Belladonna) &c

Symptoms - gr<sup>t</sup> depression after below machine  
power. -

Orphelia sp<sup>t</sup> Leucianth -



~~200.~~ - are often aborted and the violence of inflammation & fever with determination to the brain succeed, with or without success. -

The treatment in this case is very similar to that laid down in other cases of gastritis, but it is proper to remark that depleting is not borne to an equal extent, and that this form demands the cordial and stimulating remedies much sooner.

With one single exception, this treatment is equally applicable to all the vegetable poisons and that exception is of *Digitatis* and its kindred narcotics tobacco *Spigelia Marylandica* &c.

To obviate the poisonous effects of *Digitatis* cordial and stimulating remedies have been found most effectual even Opium has been given successfully. - The same with the addition of volatile Alkali



130.  
alkali and applied to Urtica's Styr-  
landica.

The treatment in cases where min-  
eral poisons had been swallowed was  
heretofore universally the same as for veg-  
etable poisons; but a number of the most  
illustrious members of the medical school  
of France have recently published an  
account of experiments from which it  
appears that chemical remedies may  
be so introduced into the stomach as to  
convert or neutralize almost every min-  
eral poison.

The Result of their discoveries was  
as follows viz<sup>th</sup>.

Corrosive Sublimates by means of  
albumen thrown in large quantities  
into the stomach.

The white of the egg is the purest and  
most convenient albumen.



Strong brandy & water near to week entire <sup>131</sup>  
Intoxication

Ardent Sp<sup>ts</sup>

Life often eating? — others sympt of a plethoric  
difference of blood — theref<sup>d</sup> distinguish  
smell of sp<sup>ts</sup> & history —

1<sup>st</sup> Vomiting — head acid drinks — Coffee

Cold to head & other parts — even dashing  
or pumping — cup — leech —

If Fever Or Mania or p<sup>ts</sup> — Treat elsewhere

New remarks — as in Opium Res & can  
be so well borne as in common fever

Largely to be effectual — 12 or 15 eggs —

Milk if eggs not to be had —







Verdigris. by means of Sugar Syrup,  
Molasses or any Saccharine Matted.

Largely -

It effects a chemical change on the  
Verdigris, and carries off the mafs  
by its cathartic power. — <sup>German</sup> ~~official~~ doubts its efficacy — Albumen better  
Muriate of Lime by means of Milk. The  
stomach should be filled with milk.

Nitrate of Silver? by means of Muriate  
of Soda — (common salt) in solution  
given in large quantity.  
As this medicine is now much  
used & therefore more liable to be  
taken too largely, you should re-  
member well the antidote.

Lead preparations especially Ac & Plumbe  
by means of Sulph. Soda vel Magnesia.  
Barytes. by the same means as Lead.



Sart. Antim. by means of a strong decoction of <sup>green</sup> Sea, Peruvian Bark, Galls, or any powerful vegetable astringent.

Antim. preparations are also met by the above antidotes. but so much is not said for the efficacy of these as the antidotes for the other poisons. —

Acids mineral. by means of calcareous Carbonate of Magnesia when quickly and largely administered. —

Alkalis. by means of Acetic acid or sharp vinegar. or citric acid largely —

Arsenicum. no antidote yet found or at any rate none to be relied on. —  
Bertrand a French surgeon lately declared he had discovered <sup>at Bourdeaux</sup> Carbon to be one, but upon being by a committee of the National Institute



207 <sup>135</sup> it was found to be as mere fiction.

That these antidotes are to be trusted to I am by no means prepared to assert, for high names have often propagated error. But it is right at least to reflect that the foregoing report is not the offspring of individual exertion or supported by individual authority; it is the result of the experiments of the most celebrated men in France all pursuing one course, and ought therefore to be treated with respect.

An antidote to Arsenic is still very much wanted, for even where vomiting can be fully excited, it is seldom that all the poison can be eliminated, and a very small quantity clinging to the stomach will prove fatal. — All we can do in such cases is to throw as great a



a quantity of demulcents into the stomach  
as possible such as gum arabic mucilage  
flax seed tea &c. Do never careful not  
to employ air for it has been observed  
to increase the activity of Trochies

that the standing all our endeavours  
we are frequently mortified to find them  
~~abortive~~ and to see inflammation suc-  
ceeding with all its horrid & painful  
concomitants. As Blufford observed  
the inflammation produced by <sup>the</sup> ~~the~~ <sup>of</sup> ~~of~~  
poisons resembles very much <sup>the</sup> ~~the~~ <sup>of</sup> ~~of~~  
yellow fever and may best be treated  
like that disease, by bleeding, blistering  
& soothing applications. — But the  
system is often so completely prostrated  
and susceptibility so nearly extinct  
that it is not possible to pursue such  
a course. We should then endeavour  
to







Cold stom - low fever - nerve tremors  
 cold succals - pulse quick - or slow  
 weak irreg or tremulous - &  
 What? - Do not know - If parson  
 steel in stom - nothing exalts - if not  
 spl beneath extern & intern -

Profella strongly recom it in tendency to gangrene  
 or Phypick gave it in U.S. to check wound  
 8 - or 10 yrs after Dole in Typhus Pneumonia  
 to check tendency to gangrene. -



to sustain the strength of the patient <sup>139</sup>  
by stimulant and cordial measures  
and glysters.

ables however is often unavailing  
and our patient falls a victim to the  
power of impression or to the portion  
of poison unre moved. —

Do not let these antedotes supersede  
Emetics — They may be used after  
complete evacuation but not like  
them



## De Dyspepsia. —

As I said yesterday I am now to treat of Dyspepsia or Indigestion. —

This is a disease of so common occurrence and is so accurately described by the writers on the subject that it would be an unnecessary waste of time to be too minute in its history. —

Its prominent symptoms are Nausea, Vomiting, sour eructations, Cardialgia, <sup>Gastro-</sup>spasms, gnawing sensations especially connected with acidity, Pyrosis, Constipation, chilliness, pale surface, languor, dejection, irregular, disturbed sleep. These are the most common symptoms of Dyspepsia; but there are others which occurring only occasionally may be denominated anomalous. — These are an acute pain in the breast as in Phthisis, pain in the side, and sometimes



& when empty

Small corded pulse - Appetite returns  
 mind depressed even to hypochondriacal











— Care from Washington - gentleman said to be  
threatened with apoplexy - Dyspepsia  
the disease —



145

~~244.~~ - sometimes in the head with disorder  
vision. - This affection is very singular.  
I have seen a case in which the vision  
was doubled. I have seen it inverted  
and I have seen total blindness arise  
from Dyspepsia. Such cases have also  
been seen several times by my medical  
friends in this place. - All these cases  
were cured by the departure of Dys-  
pepsia proving their cause to have  
been that disease. -

Another anomalous symptom  
of Dyspepsia is Vertigo. And I have  
seen violent palpitation of the heart  
produced by Indigestion. So great  
indeed as to cause serious apprehension  
of organic derangement in the vascular  
system. - I had lately under my care  
a lady from South Carolina, whose



~~242~~ 146

whose palpitations were so violent as to have convinced all her physicians there, that she laboured under some organic disease in the aortic system. —

By means of emetic and tonic medicines she entirely recovered proving her disease to have originated in the Stomach. —

In Dyspepsia the appetite is far from being uniform, being sometimes unusually voracious and not unfrequently entirely absent. — Nor is digestion equally affected at all times, or in all cases. Sometimes the appetite is very depraved desiring chack, dry diet, green fruit & such trash. —

The causes of Dyspepsia are of two kinds viz. — Such as act directly on the Stomach itself; or such as affect the organ through the intervention of the system. —















x Tobacco. - discontinued the best remedy



Among the causes of Dyspepsia affecting the Stomach immediately may be enumerated, improper indulgence in eating <sup>or</sup> drinking both as to quantity as well as quality of food and beverage, — as strong tea, coffee, <sup>acids</sup> spirituous & fermented liquors, flatulent vegetables and strong gross food of any kind. — The practice of taking certain medicines for a time is another direct cause of Dyspepsia. — The most usual are emetics and particularly Opium. — Also most of the saline substances especially Nit Potas. The last named drug is hardly ever given without producing this disease, if continued for any time. —

The second class of causes of Dyspepsia (those affecting the Stomach intermediately) are indolent or sedentary habits, intense study, close application to



152  
~~to~~ any business within doors, grief, ven-  
ation or any mental uneasiness, exposure  
to cold, ~~suppressed~~ <sup>habitually</sup> perspiration, and cold  
feet. - These are most of the causes of  
idiopathic Dyspepsia; but Indigestion  
is frequently the result of sympathy  
with a diseased state of the liver, spleen,  
pancreas or uterus. <sup>See</sup> "!"

Consequently few diseases are  
more embarrassing than the one now  
before us. No two cases of it can  
be said to be alike and hence no two  
cases will be remedied by exactly the  
same means. -

All I can do therefore amidst  
so much intrepidity is to give you an  
account of the most usual forms of  
the disease, and of the remedies appli-  
cable to the majority of cases occurring



Inordinate beauty -



154



The first indication in Dyspepsia is to cleanse the Stomach, by removing from it all acid matter, and thus pave the way to more permanent measures for cure. -

This indication is best answered by emetics and it has been found that Ipec is more suitable in this case than any other emetic for it is prompt in its action and seems to exert a salutary influence on the Stomach at the same time. - To render it effective it is often necessary to repeat the dose. - It is a general rule, that wherever acid accumulates rapidly, and cannot be removed effectually by milder remedies, emetics are strongly indicated. -

To cooperate in evacuating  
the



246) 156  
The Stomach the milder purgatives or  
laxatives should be given, but we  
should be careful in our selection. —  
All saline as well as drastic cathartics  
should be studiously avoided, excepting  
Rhubarb which seems by its tonic power  
well adapted to Dyspepsia. — The only  
objection offered to its use is that it  
is apt to constipate, but we can easily  
abrogate such an effect by combining  
some calcined magnesia with the  
rhubarb. — When <sup>(calcined Magnesia)</sup> given in union, the <sup>free</sup> sulphuric  
dose is ℥ of each mixed, and of the  
mixture one or two tea spoon fulls  
at bed time in new milk. — It is a  
most certain, mild laxative, and ad-  
mirably suited to overcome habitual  
constipation. — When the mixture proves  
offensive the sulphur may be left out







some ~~leaf~~ Calc Magnes & prepared  
 Crabs eyes or chalk — a leafful

Quercus - Calumbro - Hop - Gentian



159  
247 and the Magnesia given alone -  
or in union with creta preparata or  
powdered oyster shells. The latter is  
better suited to this case than the chalk  
for it operates as an antacid. -

The condition of the alimentary  
canal having been thus rectified  
we shall use tonic remedies with in-  
finitely greater prospect of success. -

Numerous as the tonics of our  
Materia Medica are, there is hardly  
one which has not been tried in Dys-  
pepsia and with various success. -  
My Experience approves most the vege-  
table bitters among the vegetable tonics  
such as the hop and quassia. - Gentian  
holumba and Peruvian Bark have been  
~~highly~~ <sup>much</sup> recommended; indeed Peruvian  
Bark once enjoyed great celebrity as a



~~248~~ 160.

a remedy for Dyspepsia, but it has now fallen into disuse. The form of administering it is in decoction or infusion with some aromatic to render it more palatable.

Determining from my own experience I cannot recommend this medicine much but that experience assures me that Hop and Quapia are infinitely to be preferred. The Quapia is given in pill or infusion, the Hop in tincture or infusion. An extract of Quapia has been lately extolled but I prefer the infusion. — The Hop has recently proved useful in one case when nothing else seemed to have any effect, the dose given being a wine glass of the infusion four or five times a day.

After all however the Mineral remedies especially the preparations  
(China)



Refus that best for Supper from Indem  
rance or debauchery



162



249) tions of Iron are much superior  
to all other medicines in Dyspepsia.  
Of the preparations of Iron perhaps the  
carbonate or rubigo ferri is the best.

X Its dose is <sup>or 12</sup> ten grains with a little ginger  
two or three <sup>4</sup> times a day, or given in  
the shape of chalybeate wine made as  
follows, for the formula in the Dispensatory is not good. — R. — Rubigo  
ferri ℥i℥ — ~~Gentian~~ <sup>Gentian</sup> & orange peel ℥ss  
each — Port wine a bottle — Set this  
near the fire <sup>or in the sun</sup> for two or three days  
shaking it occasionally, then decant  
for use and give a half wine glass full  
three or four times a day. —

X But in ordinary cases I prefer  
Sal Martis which is the neatest and  
most effectual of all the chalybeate  
preparations. It is commonly pre-



55. 164

Prescribed in pills formed by taking  
℥ss. Mart. quant sup Gum arab. f<sup>or</sup>  
30 pills, of which <sup>one</sup> ~~two or three~~; three  
times p<sup>er</sup> day. —

As thus laid down you have  
before you, the mode of treatment in sim-  
ple and ordinary cases of Dyspepsia.

But this complaint is often associated  
with or dependent on other diseases, which  
so modify it as to demand sometimes  
an entirely new mode of practice.

Among these is a painful cardialgia  
resulting commonly from acidity. In  
such cases emetics do not answer, ~~well~~

but we resort to lime water & milk,  
to alkalis, to all the absorbent medi-

cines. — <sup>Calcareous</sup> Magnesia we have treated,  
any of the alkalis will do and prepared  
in any way, but when we use the regu-  
lable alkali the following formula should  
be



Phosphate of Iron resembles Sulphate  
dose same —

Meer Steel of Iron — not good — nauseates



1660



Especially drunk<sup>d</sup> & delicate women  
ag amon & Cac Amag<sup>te</sup>zi -  
cin ag, Ziig - Inf - dos tableffue -  
Domestic Remedy - ley Dr Phyrick -  
N<sup>o</sup> 100 asher & boots -

A large draft of new milk will often  
succeed after failure of antisept & warm  
baths. —



251)  
be preferred. R. - Sal. Tart.  $\text{zj}$  - hom<sup>167</sup>  
pound Sp<sup>d</sup> of Laurel.  $\text{zj}$  - Saaf sugar  
 $\text{zj}$  - Tine. Opiv. 30 grats. - and Aqua pura  
 $\text{zj}$  -  $\square$  Table spoon full when uneasy. -  
This is both agreeable & comfortable. -  
Bol. Alth. is perhaps superior to all the  
alkalis. It may be given in piec<sup>e</sup> in the  
fulcr. mentioned, or in a dose of half a  
table spoon full of aqua ammoniac. -

In this deranged state of the stomach  
it is liable to painful spasms termed  
Gastrodynia. This is sometimes allayed  
by the measures mentioned already  
but it is often so violent as to require  
Ether or opium <sup>much</sup> to allay pain & vomiting,  
Where these spasms are frequent, it  
is best to apply Blisters to the region  
of the Stomach; indeed these are im-  
portant and useful in all chronic as  
well as acute diseases of the Stomach.



252.<sup>168</sup> But of all the remedies for Gastro-  
dynia the best is one which on account  
of its simplicity & homeliness forms no  
least. But don't let its plainness de-  
ter you from making trial of it, for I  
assure you it possesses wonderful efficacy  
having indeed saved the life of Dr. P. in  
a most obstinate case of Gastrodynia.  
R. - Take of the cleanest hickory ashes one  
quart, of clean soft water a tea cup full, on  
these pour one gallon of boiling water  
and when cold decant for use. Dose from  
a half to a whole wine glass full several  
times a day. - As chemists see nothing  
in this preparation to account for its sur-  
prising efficacy, but the fact is undoubted  
and our reasoning is futile, in opposition  
to fact. - \*

Pyrosis or heart burn is  
another most disagreeable accompani-  
ment



*Linum catharticum* 1/2 lb. glass. 16g  
*Aster picra* — bearers cordial  
*Spt. Terebinth* — 30-40 g<sup>l</sup>

— stand for a day or two



Distention of Stomach produces it



253 ment of Dyspepsia. — This is a <sup>very</sup> ~~very~~ strange affection. It is endemic in some countries, as Iceland, Norway, Sweden, the Highlands of Scotland and the western part of our country. — Linnaeus attributed this affection to the habitual use of ~~drugs~~ dried and smoked meat and asserted that a change of diet effected a cure. — We have generally traced it to a meagre and penurious mode of living, though it does not always arise from such causes, but is often found affecting those who live luxuriously especially eating and drinking to distention. — Even water swallowed after too largely has induced Pyrosis. — It has been imputed to two proximate causes, viz to a morbid condition of



254/172  
of the Pancreas or a relaxed secretion of the Stomach. It may arise from the first cause but the second is much more common.

Most of the remedies already mentioned for Dyspepsia are useful in this form of it; but the lime water and milk is eminently so.

Of Opium in such cases a great deal has been said and its utility has been sanctioned by the great name of Cullen; but although every opinion of his is entitled to our respect we cannot say much for the usefulness of Opium in Pyrosis. It is no doubt an excellent palliative, but seems not to cure.

Emetics are much better, not only evacuating the accumulated <sup>stomachal</sup> crudities, but impressing a salutary







174

Sac Lat & Opium —

Pamherlon 5 <sup>gr</sup><sub>11</sub> Hens & some Opium —



175  
action on the Stomach tending to change  
the morbid secretion. — So effectual  
is it, that the disease often yields to  
one single emetic followed by a proper  
system of diet. —

x  
As a useful medicine in all  
forms of Dyspepsia White Oxide of  
Bismuth has been brought forward. —  
This medicine termed by some the Sub-  
nitrate of Bismuth, we owe to Dr  
Boudier who in 1786 published a paper  
on it and urged its high utility. But  
unfounded prejudices at that time  
prevented its progress. So late as  
the year 1799 we see the first English  
notice of it, so long did it remain un-  
known or neglected. — To Dr Marsset  
of London is due the credit of having  
revived the use & promoted the know-  
ledge of this valuable tonic. —



256. <sup>176</sup> He published an account of a case  
in Guys hospital, whose obstinacy un-  
molested by any other means yielded  
to the efficiency of Oxide of Bismuth  
thus answering the good opinion he  
had formerly conceived of it. -  
Since that time it has been gradually  
extending itself. - The practitioners of  
New York speak highly of its power  
and the editors of the New England  
Journal call it a mild & effectual tonic  
speaking its superiority in Pyrosis, car-  
dialgia and Gastralgia. The medicine  
has not been yet fully tried in this  
city but if our experience is sufficient  
to warrant an opinion we would not  
go so far as the New England Journalists  
but think it useful <sup>only</sup> in Gastralgia  
if it has any power at all. -

This is also the opinion of all  
S



1771



178

Mercury — Blue pills every night or  
altern night purging it off manes with  
some mild laxative. — Alternant not  
salivant. —



~~25<sup>th</sup>~~ / all my medical friends in town. 179  
The dose of  $\text{Ex Piamuth}$  is <sup>5</sup> ten grains  
with ten to twenty grains of Gum Arab. -  
in pill or powder Morning noon and  
night. -

29 January 1817. -

In my lecture of yesterday I concluded  
the consideration of the ordinary cases  
of Dyspepsia and also those termed  
anomalous. -

But to complete the consideration  
of the less common forms of Dyspepsia I  
shall now treat of the slow species of  
chronic inflammation sometimes accom-  
panying this disease. - This is so often  
met with in people of debauched habits  
that I once believed except in drinking  
to be the sole cause of this form of Dys-  
pepsia; but I have since seen it in  
those who led temperate & regular lives. -



180  
~~558~~

This case is distinguished by a very strong and burning pain in the epigastric region, by a hard, corded very quick pulse. Small diminutive fever, hectic suffusions dry cough and a gradual wasting of the body. — So strongly indeed does the case resemble <sup>incipient</sup> Phthisis pulmonalis that it has been often mistaken for it.

It exerts on the Stomach an influence much resembling some kinds of Diarrhoea, which are generally cured by the directly Depleting remedies. — This led to the use of the lancet &c<sup>d</sup> in this case also and we must remember that the pulse is not a guide in gastric affections nor be deterred from a bold & already practice by any condition of the arterial action. —

But it is proper to remark that in this case small repeated







182

as in all chronic inflamm<sup>n</sup>



~~249~~ 183  
bleedings are preferable to the ex-  
pensive uses of the lancet required in  
acute gastritis. —

As auxiliary to the lancet  
I would recommend gentle emetics  
and afterwards very minute doses of  
Spec. as a natural remedy to nausea &c. —  
This will alter the action of the stomach  
improve its tone and restore at length  
the regular functions of health. —  
This is no new practice. — Half a century  
ago Dominici — a physician of re-  
putation mentioned Spec as a rem-  
edy in Dyspeptic affections. — Since  
that time it has been sanctioned by  
many eminent practitioners. But  
they were not careful to point out  
the particular cases of Dyspepsia  
to which it was applicable. I

Gand



24th / 1814  
am of opinion that it is eminently  
suited to the chronic inflammatory  
state of Dyspepsia and perhaps to that  
alone. —

I have now completed the con-  
sideration of the most useful remedies  
in Idiopathic Dyspepsia.

But besides such cases, there  
are Dyspeptic affections symptomatic  
of diseases of the other abdominal vis-  
cera &c. These are common especially  
in union with hepatic affections.

As the cure of such cases depends  
upon the removal of the primary disease  
on which it depends we shall not here  
enter upon the treatment but reserve  
it for consideration when lecturing on  
these diseases. —

It is enough for us to men-  
tion that the main remedies are



Here also Mercury may be used. —

185







261) Mercury and the mineral acids. <sup>184</sup>

But sometimes idiopathic affections of the stomach may be traced to the use of ardent spirits, characterised by debility, nausea, vomiting, flatulency, loss of appetite or if food can be swallowed by its immediate rejection or imperfect digestion. —

Such a train of symptoms may be suddenly induced by accidental excess, and is as easily subjected by remedies as it was produced. But when they result from a long course of habitual intemperance and debauchery the difficulty of effecting a cure is much increased. — Dissections in such cases have exhibited a vast degree of organic derangement. — The surface of the stomach appears smooth



~~202~~ smooth and glossy, in consequence of the absorption of the auge & villi of the inner coat.

The urgent symptoms require palliatives. Gastric irritation and its effects vomiting and Spasms are the most prominent symptoms of this case. Many of the remedies above mentioned are ~~also~~ <sup>also</sup> applicable here, but although they may palliate and calm for a moment they cannot cure. — We must resort to the use of Opium, Acet. Alk. Musk &c using the antispasmodics to relieve the Nervous system from those distressing tremors & debility accompanying the Disease. —

Health however is sought for in vain from medicines, ~~alone~~ unless the patient effects a total reformation of old habits and thus as —











196  
sists the medicines. - In vain is the  
mucous disease removed, if the patient  
returns to his old habits adding fuel  
to a flame which has been consuming  
him.

Less can be expected from medi-  
cine in this disease than any other  
unless a strict attention be paid to the  
diet of the patient.

As the Stomach is the seat of the  
disease and the receptacle of the food  
it is of the utmost importance to select  
such fare as combines agreeableness  
with easiness of digestion.

Compared with all other food  
Milk diet is certainly to be preferred.  
By living on milk alone, a patient has  
been completely cured of the most pro-  
tracted cases of Dyspepsia. But to  
produce such an effect even bread  
(must)



192  
~~264~~ - must not be taken with it and the  
milk should be swallowed frequently in  
a day and if possible immediately from  
the teat.

Milk is applicable to all cases  
of Dyspepsia, as well simple as when  
combined with gastralgia Pyrosis heart  
dialgia &c. It seems now generally  
admitted that no course of treatment  
is so useful in Pyrosis as a good  
milk diet. Heartdialgia also is prompt-  
ly and effectually relieved by the same  
treatment. But it is no where so con-  
spicuously serviceable as in Gastro-  
dynia. Milk indeed seems endued with  
properties fitting it to remedy all spas-  
modic affections of the Stomach from  
whatever cause arising. - It has been  
known to give immediate relief in flatu-  
lence



cardiacgia particularly. —



194



~~Not~~ <sup>195</sup>lent or ordinary colic. - It has re-  
lieved spasm in a recent Goit.  
Colonel Williams who laboured under  
a gentle affection informed me that  
he always was relieved from spasm by  
drinking a pint of milk when affected. -  
I don't pretend to say that Milk will  
cure all spasmodic affections of the  
Stomach; but this I will say that it re-  
lieves spasm in Gastrodynia sooner  
and more effectually than any thing  
else. -

It is objected to the use of milk  
in Dyspepsia that it often disagrees  
with the patient. There may be cases  
of idiosyncrasy which produce this  
effect, but in general milk always  
agrees with a person who continues  
to use it for any time. - What led

(Common)



196) common people and practitioners to  
such an opinion was the curdled ap-  
pearance of milk rejected by a sick  
person. - But when we know that  
the first operation of the most healthy  
stomach on milk is to curdle it we  
shall not be obliged to admit the ob-  
jection. Besides, it is often, when  
our course of diet is commencing both  
disagreeable and disadvantageous to  
a patient, but in two or three days it  
generally becomes perfectly agreeable  
and useful. - Such an effect therefore  
should not deter us from pursuing our  
course steadily. - It was long ago  
remarked by Dr Cadogan, in an es-  
say on Gout that when milk dis-  
agreed much with his patient at first,  
he always conceived it an indication  
that











the milk was necessary, for it showed<sup>199</sup>  
something present which the milk would  
eventually remove. My own experience  
convinces me of the justness of the obser-  
vation.

Cases however do sometimes oc-  
cur where milk continues to be disa-  
greeable to our patient, arising either  
from purpura or idiosyncrasy. In  
such case chocolate appears to me to  
be next in utility as an article of diet  
not so however as it is commonly  
brought to table, but made in the  
following manner. — B. — Boil the  
chocolate in water then let it cool  
and remove from the surface all the  
oily matter <sup>or</sup> floating there, then  
boil again and pour it on cream &  
sugar. This is a most palatable and  
agreeable beverage —



200. - Should your patient dislike this also, let him confine himself as much as possible to a breakfast of solid food, such as mutton, beef, and the white kind of poultry as fowls & turkeys. Tea and coffee should never be seen on a Dyspeptic patient's table; they never fail to render a cure tedious if not impracticable.

The Dinner should consist of the same kind of light food named for breakfast. No pork, veal, geese, nor ducks. salt nor dry provisions should be suffered at all, such as ham, smoked beef &c. It is generally supposed that soups are light and digestible and therefore proper for Dyspeptic patients, but whatever may be the truth, as regards those in health, certain it is that soups of any kind are improper for



or game or oysters -



\_\_\_\_\_ or still better common crackers. —



203 ~~269~~ for Dyspepsia. They always turn  
sour on the stomach and aggravate  
the symptoms of the disease.

The only vegetables to be used in  
such cases are potatoes roasted &  
well boiled rice.

All Deserts should be care-  
fully excluded. - The bread should  
be particularly well toasted, and eat  
without any butter.

But as regards diet, we should  
be still more precise. - Direct your  
patient to eat sparingly and frequent-  
ly. Remember what was formerly  
<sup>by Sir Wm. Temple</sup> observed, that the stomach like a  
school boy ~~was~~ <sup>is</sup> always mischievous  
when idle. Employ it therefore by eating  
five or six times a day, and where  
very obstinate cases occur it is well  
to rouse the patient once or twice  
during



204. / during the night to eat. If this is neglected you will always find your patient worse in the morning. —

The second Precept is "Never combine many articles of food together to tempt the palate or gratify the taste. — But let the fare be only one single dish of the lightest fare.

Thirdly. Let the patient lie enjoined to use as little leverage as possible ~~to~~ none at all at his meals. —

In some cases of Dyspepsia the appetite is voracious, but in general it is very weak. In such case we should endeavour to discover what will incite our patient to eat and to avoid any thing which might disgust him. —

Never let him know what he is to have before he sees it. — Do not suffer the fumes to reach him before the food itself







206



241  
itself; for this purpose it should if at  
all agreeable be brought to him cold. —  
Lastly let the dish be a very small one  
for nothing is so apt to disgust a deli-  
cate stomach as the sight of a great  
quantity of food at one table. —

These may perhaps appear frivolous  
and ludicrously minute precautions  
but I know that when you have  
been practitioners at times you will  
acknowledge their high importance. —

With regard to Beverages.  
I am, on the whole in favor of simple  
water alone. Old Porter has been  
sometimes found useful but it most  
usually disagrees with the patient. —  
Wine is very generally pernicious. —  
Rum, old spirit or Brandy & water  
are sometimes useful particularly  
to those patients who have much



208. accustomed to stimulation. —

Whatever beverage be allowed, let it be as sparingly used as possible, else will you be defeated in all your attempts to effect a cure. —

In obstinate cases of Dyspepsia which have long resisted the ordinary remedies, I have resorted to such as affect the system generally.

Among these I recommend the warm bath <sup>once or twice</sup> ~~three~~ or ~~three~~ a week, which will often stimulate & act as a tonic, and invite the determination from the stomach to the surface of the body. — I have administered the cold Bath with the same views. —

Confessedly exercise especially on horse-back has in many cases effected a cure, by itself. — Breathing is another











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~~D/2~~ / another mode of exercise much is  
suggested. But to obtain the full effect  
of this remedy, we should send our  
patient on a long journey, to some  
distant watering place. There the  
mind is diverted from its habitual  
course. Amusement is unfettered by  
the cares of business and enjoyment  
uninterrupted by the vexations of  
profession. - The patient breathes the  
pure air of the country with double  
relish for no inward cares, diverts  
the current of thought from his own  
enjoyments. - The balmy heat & waters  
too have here no opposing powers  
to contend with and therefore exert  
a tenfold tonic influence. -

Let me not before quitting  
this subject forget to inform you  
of the great importance of clothing  
Cous



on the result of our endeavours to effect a cure. — You ~~will~~ <sup>shall</sup> know the intimate connection which exists between the skin and stomach, and should therefore be careful to clothe your patient in the most comfortable manner. — Let him wear flannel next his skin in winter and summer, at all seasons.

I have already told you how apt cold feet are to produce or protract dyspepsia, and cannot tell you too often how necessary it is to guard this most potent avenue to the diseases of the stomach. — Let therefore your patient wear woollen or worsted stockings and if his feet are very subject to coldness it will be well to sprinkle the stockings with some Cayenne pepper, which will vivify the  
sides







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soles and occasion an agreeable warmth  
The makers ~~was~~ has been recommended  
for the same purpose and produces  
a similar effect. — I have known  
the same expedient usefully applied  
to the feet in cases of amaurosis.

Nature then being in our efforts  
will almost always fail unless we  
can remove the remote causes of the  
disease or those which <sup>have</sup> contributed  
to the production of the disease. —

If intemperance was the cause let the  
patient be sober. If luxury and  
voluptuousness, let him be temperate.  
If indolence let him be urged to exertion  
by placing some object in view  
to incite him. — If study has the  
pale and sickly taper, let him throw  
aside his books and betake himself  
to some agreeable active pursuit.



21<sup>th</sup>. If affliction's iron hand is on him  
let the tear of sympathy mingle with  
his sorrow; let the voice of friendship  
sound in his ear painting him to  
brighter days and happier hours.  
Hold up to view the gilded visions  
of hope and cheer his soul with the  
glittering prospect of recovery and  
all the joys of renovated health. —  
Cheer abandon him to despair, but  
cling to him, as he to life, till the mo-  
ment of departure. But were the re-  
sources of our art and many a potent  
weapon may be wielded by the bold  
physician when his more timid bro-  
ther has been driven from the field.  
Remember the adage "while anything  
remains to be done, nothing is nothing  
has been accomplished." —



Shel. surb -

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## Recipes in Volume second. -

### - Cathartics. -

- ℞ - In Dyspepsia. - Magnesia Khai. -  
℞ In D<sup>o</sup>. - Lac sulph. Calcin'd Magnesia  
℞. of which 1 or 2 tea spoonfuls at bedtime  
in new milk. - If the sulph. offends  
leave it out. -  
℞ In D<sup>o</sup>. - Magnesia with pp<sup>d</sup> chalk or still  
better powdered oyster shells. -

### Emetics. -

- ℞ When Poison has been swallowed. -  
℞ Iant Emet gr vi Ipec ~~XX~~ gr - ~~XXX~~ gr  
repeated if ineffectual in 10 or 20 minutes  
℞ Sulp Zinci 20 gr - Zi - ut supra. -  
℞ Distend <sup>well</sup> stomach by large quantity  
of warm water. -  
℞ Tobacco leaf <sup>well</sup> cataplasm. -  
Antidotes to the mineral poisons p 130



# Tonics. —

℞ Rubig Ferri gr<sup>ss</sup> cum Zingib<sup>er</sup> q<sup>ss</sup> 2 or 3<sup>6</sup> a day

℞ Rubig Ferri ℥ij Gentian & Orange Peel ℥ss each

Port wine a bottle. — Set near fire 2 or 3 days shaking it occasionally — then decant for use —  $\frac{1}{2}$  wine glassful 3 or 4<sup>6</sup> a day

℞ Sal martis ℥i Garab<sup>er</sup> q<sup>ss</sup> ut f<sup>o</sup> pil<sup>l</sup> 30 quorum 2 v 3 — ter die. —

℞ Pro Cardialgia. — ℞ Sal Tart ℥ij Sp<sup>ts</sup> Lavand<sup>er</sup> & ℥ij sac alb<sup>is</sup> ℥i Tinct Op<sup>ii</sup> 30g<sup>ss</sup> ag ℥ij — t<sup>er</sup> p. r. v. —

℞ Pro Gastrody<sup>nia</sup>. — Hickory ashes one quart Soot a tea-cupful, on which pour one gallon of boiling water & when cold, decant for use —  $\frac{1}{2}$  to a wine glassful several times a day — (Or Physick)

℞ — Sub mit Bismuth 10gr G Arab 10-20gr in pill or powder — morn, noon, & night.

Chockolate pro illis Dyspep<sup>sis</sup> qui hinc Lac non congruit. — ℞ — Take choc & boil it in water — cool it — take off the grease. — boil again & pour it on cream & sugar. —

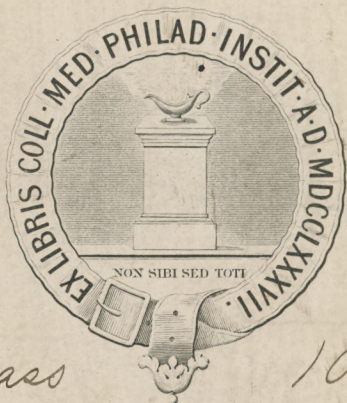


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Presented by

L. Weir Mitchell, M.D.



